

## J-100 Midstream and Clean Catch Urine Collection

### Purpose

Collect an uncontaminated specimen for laboratory testing.

### Applies To

Registered Nurses

Licensed Practical/Vocational Nurses

Other (*Identify*): \_\_\_\_\_

### Equipment/Supplies

- Commercial kit for clean voided urine; (or sterile urine container), antiseptic towelettes or cotton balls, and antiseptic solution.
- Sterile gloves.
- Soap, washcloth, and towel.
- Bedpan (for nonambulatory clients), specimen hat, commode, potty chair (for children).

### Procedure

1. Wash hands. Refer to Hand Washing procedure.
2. Assist the client onto the bedpan/commode or to the bathroom.
3. Open sterile kit or sterile supplies and don sterile gloves. Open specimen container and place cap with sterile inside surface up. Do not touch the inside of the container. *This maintains sterility of equipment and prevents direct skin contact with urine.*
4. Cleanse, or allow the client to cleanse, perineal area with antiseptic towelettes or cotton balls saturated with antiseptic solution. This removes bacteria near urethral opening.
  - a. Females: Separate labia with thumb and forefinger of nondominant hand. Cleanse area, wiping from front to back. Repeat three times, using new toilette or cotton ball each time. Keep labia separated after cleaning.
  - b. Males: Hold penis in nondominant hand and retract foreskin, if applicable. Using circular motion, cleanse around meatus moving from center to outside.
5. Instruct the client to void. After stream has begun, place specimen container and collect 30 to 60 ml of urine. Remove container before flow of urine stops. *Mid-stream collection minimizes contamination by bacteria at the urinary meatus.*
6. Cap container, touching only the outside. Cleanse outside of container.

7. Remove gloves and dispose of equipment as outlined in the Agency Waste Disposal Policy.
8. Wash hands. Refer to Hand Washing procedure.
9. Label specimen container and place in biohazard bag. Attach completed requisition. Deliver to laboratory within 15 minutes or refrigerate. Falsely elevated levels of bacteria can occur if specimen is not refrigerated.

*Contaminated specimen is the single most common reason for inaccurate reporting on cultures and sensitivities.*

**Documentation Guidelines**

Document in the clinical record:

1. Date and time of collection.
2. Method of collection.
3. Urine characteristics: color, odor, amount.
4. Time specimen sent to laboratory.
5. Refrigeration if required.

**Related Procedures**

None.

**Policy History**

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